

## 2001 California Dietary Practices Survey

**Table 24: Main reasons that Californians Are Eating More Fruits and Vegetables**

Question: What is the one main reason you eat more fruits and vegetables?

	Percent Agreeing			
	Taste	Trying to Eat Healthier	Lower Risk of Disease	Other
<b>Total</b>	<b>43</b>	<b>35</b>	<b>10</b>	<b>12</b>
<i>Sex</i>				
Males	41	35	10	14
Females	45	35	9	11
<i>Males</i>				
18 - 24	37	42	7	14
25 - 34	34	34	10	22
35 - 50	46	35	8	10
51 - 64	39	37	13	11
65+	45	27	11	16
<i>Females</i>				
18 - 24	52	37	5	5
25 - 34	45	36	6	13
35 - 50	47	33	9	10
51 - 64	41	35	12	13
65+	43	31	14	12
<i>Ethnicity</i>				
White	48	33	9	11
Hispanic	40	36	9	15
Black	36	32	16	15
Asian/ Pacific Islander	18	52	10	21
<i>Education</i>				
Less than high school	42	36	10	12
High school graduate	45	34	11	10
Some college	43	35	10	11
College graduate	43	36	7	14
<i>Income</i>				
Less than \$15,000	40	35	13	13
\$15,000 - 24,999	42	36	11	10
\$25,000 - 34,999	41	39	7	12
\$35,000 - 49,999	46	36	5	13
\$50,000+	48	31	9	12
<i>Physically Active</i>				
Did not meet recommendations	41	36	10	13
Met recommendations	46	34	8	12
<i>Overweight Status</i>				
Overweight/Obese	41	37	10	13
Not overweight	45	34	8	12

A box around a group of numbers signifies that differences within this group are statistically significant.

Chi square test:

\* p<.05

\*\*\* p<.001